ABSTRACT OF THE INVENTION\

A method of creating an expression of a positive feeling such as love towards another involves taking an empty receptacle, such as a package, wrapping and enclosing the package with gift-style material, placing a note on the package expressing the positive feelings to the recipient of the package and including a request that the package remain unopened but suggesting that the unopened package is filled with the positive feelings. A closed wrapped container, such as a package, has a written note on an exterior surface thereof advising the recipient leave the package unopened, but suggesting that the unopened package is filled with the positive feelings such as love.